



MEDIA ADVISORY

FOR IMMEDIATE RELEASE

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Keep Your New Year's Resolution with Help from a Furry Friend

January 4, 2010 – Waterford, VA – Have you resolved to be more active in 2010? Or perhaps to lower your stress? Or maybe to simply enjoy life more? All of these are popular New Year's resolutions, and if they are among your goals, you may find that a furry friend can help you along the way!

The Loudoun County Animal Shelter has many wonderful dogs, cats, and critters available for adoption who would love to help you get going and keep your resolution for years to come.

Maybe you're looking to get more exercise in 2010. Whether your favorite activity is walking, running, hiking, or biking, we guarantee that it will be even more fun with a canine friend. Dogs help to motivate us to keep in shape, because even when you don't feel like going for a walk, you have someone to inspire you who is always ready.

There is a perfect dog for every energy level and lifestyle - whether you are looking for a constant companion for walks around the block, or a high energy go-getter to keep up on long runs, adoption counselors at the animal shelter can help find the right one for you.

Perhaps your resolution is to get healthy and reduce stress. If so, a cat is the way to go! According to a 2008 study (from the University of Minnesota's Stroke Institute), cat owners are less likely to die of a heart attack and other cardiovascular diseases than people who have never had a pet cat. People who never had a pet cat were 40% more likely to die of a heart attack over the 20-year study period than those who had owned a cat at some point in their lives. They were also 30% more likely to die of any cardiovascular disease. Other studies have shown that the simple act of stroking a cat can reduce blood pressure and relieve physical symptoms of stress.

So if you are looking for a way to make your heart happy, why not adopt a cat? Cats are the most popular pet in the country, outranking even dogs. They are laid back and easy going, and do not require as much daily maintenance as dogs. There are lots of wonderful cats looking for new homes at the shelter and you will be sure to find your purr-fect match.

If you're simply looking to enjoy the little things in life more this year, bringing a new pet into your life may be just the thing. Pets of all kinds bring us joy, laughter, and unconditional love. They make us laugh when we are down, give us comfort when we are sad, and help us to stop and enjoy life's little moments.

If you are looking to bring a pet into your home this year, please consider adopting from the Loudoun County Animal Shelter. Our trained staff is ready to help you find the best fit for your home and lifestyle. Animals can be seen online anytime at www.loudoun.gov/animals, or come visit in person today!

The Loudoun County Animal Shelter is located at 39820 Charles Town Pike, Waterford, VA 20197. Shelter information & directions can be found at www.loudoun.gov/animals.

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